

# ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

## AUGUST 2010

**Erin R. Graziani – Director**  
**Jean Baseel – Assistant**

**Ellington Senior Center**  
**16 Church Street – P.O. Box 187**  
**Ellington, CT 06029**

**Receptionist** – MaryAnne Mandell,  
Carole Quarrington

**TELEPHONE NUMBER**  
**(860) 870 – 3133**

**Transportation Program Secretaries:**  
Florence Brennan, Susan Shepard

**TRANSPORTATION**  
**(860) 870 – 3137**

**Van Drivers:** Peggy Anderson, Mike Joslin  
& Kathy Sherokow

**To Access The Town Crier News &  
Calendar On The Town's Website:**

[www.ellington-ct.gov](http://www.ellington-ct.gov)

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

**Senior Center Hours:**

Monday: 8:30 a.m. – 6:00 p.m.

Tues – Thurs: 8:30 a.m. – 4:00 p.m.

Friday: 8:30 a.m. – 1:30 p.m.

Summer seems to always fly by! Can you believe it is already August? Our annual Hawaiian Luau is taking place on August 25<sup>th</sup> (rain date will be August 26<sup>th</sup>). The cost is \$8.00, so please be sure to sign up for this late afternoon/early evening event of food and fun!

We are preparing our calendar of events for the fall time frame as we welcome back volunteers who have taken a summer hiatus. You will see that some of our activities may be juggled around a bit. An example would be for the month of August, our "Movie Time" program will be held on Tuesday, August 24; not August 31<sup>st</sup>.

*Erin*

**ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW**  
31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131

### **TRIAD SENIOR SAFETY NEWS**

**Senior Medicare Patrol** - August 30th at 2pm with North Central Area Agency on Aging (NCAAA). Join us for a fun interactive program; learn tips on protecting your health care information, reading your Medicare summary notice, and any updates on Medicare! Refreshments will be served. Please sign up at the Ellington Senior Center or call 860-870-3133 if you wish to attend.

**Independence Unlimited**—Aug. 31<sup>st</sup> at 12:30pm. Mr. Gary Allen will show us new, useful cooking & kitchen adaptive equipment, such as things to assist with cleaning and a reacher (piece of equipment). This is a FREE “Lunch & Learn program”—lunch starts at 12:30pm, the presentation at 1pm. Please sign up at the Ellington Senior Center or call 860-870-3133 if you wish to attend.

### **Health Awareness Information for August 2010**

**Cataract Awareness Month**—by age 65, 1 in 3 Americans have some form of vision impairing eye disease. Most do not know that they have it because there are no warning symptoms or they assume that poor sight is a natural part of growing older. In many cases blindness and vision loss are preventable. Go to [www.geteyesmart.org](http://www.geteyesmart.org) for more information. Medicare will not generally pay for routine eye care but it will pay for some eye care services if you have a chronic eye condition such as cataracts or glaucoma. Medicare will pay for an exam to see what is wrong if you are having vision problems that indicate a serious condition (even if it turns out there is not anything wrong with our sight)—you should contact your eye care professional for more details.

**Psoriasis Awareness Month** - Psoriasis is the most prevalent autoimmune disease in the US, affecting as many as 7.5 million Americans. It occurs when the immune system sends out faulty signals resulting in red scaly patches on the skin that bleed & itch. Psoriasis is NOT contagious & is treatable. Go to [www.getinfo@psoriasis.org](http://www.getinfo@psoriasis.org) for additional information.

### **Other Information**

**SAVE THE DATE:** November 2, 2010 our annual Senior Citizens flu shot clinic will be held at the Ellington Middle School from 9am - 11:30am. More details will be forthcoming in future newsletters.

**Snow Blower Recalled by Toro Company Due to Fire Hazard:** The Toro Power Clear 180 single stage snow blower has been recalled—contact Toro at 1-877-738-4440 or go to [www.toro.com](http://www.toro.com) for more details.

### **Ellington Senior Center**

**Parking Lot Paving:** Please note ~ the parking lot in front of the Senior Center, weather permitting, will be paved starting on Monday, August 16, 2010, Tuesday, August 17<sup>th</sup>, and Wednesday, August 18<sup>th</sup>. On those days, everyone is to park at the Town Hall parking lot and enter through the garden area of the Senior Center.

Thank You



### **ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMAT)**

(EMAT) is a transportation service for non-emergency medical appointments for Ellington residents. The program is funded, in part, by the Older Americans Act through the North Central Area Agency on Aging. **Please note:** EMAT appointments are offered Monday – Thursday between the hours of 9:00am – 2:30pm; Fridays between the hours of 9:00am – 1:30pm. (The last appointment time of the day). **All EMAT appointments have to have 14 days prior notice to our Transportation Department.** Please check the calendar for holiday closings. \*\$2.00 donation fee suggested per each trip.

### **VAN TRANSPORTATION**

Regular van service includes rides to the Senior Center; Shopping; “Out to Lunch” program and occasional evening events. Please request your transportation “packet” by calling the Transportation Line at (860)870 – 3137 between the hours of 9:00am – 12:00pm. 1 week notice is required. ***ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.*** \* \$25.00 is suggested as an annual donation for transportation.

**ANGEL FOOD MINISTRIES** – Angel Food Ministries is a program run by the Cornerstone Kitchen in Rockville, CT. Joanne Fournier is working in conjunction with Erin Graziani in the ordering of these single serving prepared frozen meals. Individuals pick their orders up 1x per month. Contact Erin Graziani at the Senior Center for further information pertaining to this program.

**BALLROOM & POLKA SOCIAL** – Ballroom dance is taught Fridays at 1:00pm; Polka follows at 2:30pm.

Dance classes will resume after Columbus Day weekend in October with a beginner class, followed by a regular Ballroom class from 1pm - 2:30pm. A *fun class* will follow from 2:30pm - 3:00pm. This will be further explained in the September newsletter.

**BETTER AGE CLUB** - Held the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month at 1pm. **Better Age Club is on summer hiatus and will resume their programs in September.** Better Age's summer picnic will be held on Thursday, August 12, 2010 at 12:00pm

**BOCCE BALL**- is played at 10:30am every Tuesday morning during the summer months at Snipsic Village.

**CARDS AND GAMES:**

<b>Bocce Ball:</b>	Tuesdays @ 10:30am. See Libby McCarthy
<b>Bridge:</b>	Tuesdays @ 9:00am. See Pat Szemplinski or Rosemary Malatesta
<b>Canasta – “King’s Row”:</b>	Join Barbara Donohue and friends Thursday’s @ 1:00pm.
<b>Dominos:</b>	First Tuesday of the month @ 1:00pm; come join the fun!
<b>Evening Cards: (Setback):</b>	Tuesdays and Saturdays @ 7:00pm. See Bob Karlowicz or Carl Larson
<b>Mahjongg:</b>	Every Friday @ 10:00am. See Barbara Donohue
<b>Movie Time:</b>	Last Tuesday of the month @ 1:00pm. Main room of the Senior Center
<b>Shuffleboard:</b>	Wednesdays @ 2:00pm. Main room of the Senior Center

**ELLINGTON SINGERS** – The Ellington Singers will reconvene Wednesday, September 1, 2010; 10am in the main room of the Senior Center.

**GARDEN THYME:** Garden Thyme meets every Monday at 9am in the Senior Center garden area. Under the guidance of our Master gardener, Marilyn Shirley, they tend to our beautiful flower and vegetable gardens.

**HEALTH & WELLNESS NEWS:**

**Blood Pressure Clinics & Diabetic Screenings** – Blood Pressure clinic and Diabetic screenings are held the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 1:30pm. – 3:00pm. Our nurses are committed to being helpful and listening to you and your concerns. There is no charge for these services. Van service is available.

**Exercise Class** – Exercise class is held every Monday from 9:00am – 10:00am. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

**Podiatry Clinic** – Held at the Senior Center the first Wednesday of every month at 9:00am \*Cost is \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, August 4, 2010. \* **Call Rita directly to schedule your appointment.** She can be reached at (860-742-1102). The Senior Center does not schedule these appointments. Van service is available.

**Tai Chi Classes** – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30am – 11:30am (beginner's class); and 11:30am – 12:30pm (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

**LINE DANCING:** Line Dancing is held Monday afternoons from 1:30pm – 2:45pm. **Beginners line dance classes will resume the Monday after Columbus Day weekend at 1:00pm.**

**LUAU PARTY:** The Ellington Senior Center is having a Luau Party on Wednesday, August 25, 2010 (rain date is Thursday, August 26<sup>th</sup>). Hamburgers, hot dogs and salads are a few of the items we'll serve. Come and sign up at the Senior Center. Cost of this event is \$8.00.

**MEMORIES & CREATIVE WRITING** –Join us with your creativity. Memories & Creative Writing is held in the main room of the Senior Center every third Thursday of the month at 1pm.

**MUSICAL INSIGHTS:** Musical Insights meets the 2<sup>nd</sup> and 4<sup>th</sup> Monday evening of the month from 6:00pm – 8:00pm at the Ellington Senior Center. **Musical Insights is on summer vacation and will resume their musical programs in September.**

**MOVIE TIME:** What a wonderful way to spend an afternoon. Movie Time is held the last Tuesday of the month at 1pm. Barbara Donohue & Carole Quarrington graciously head this activity for us. Feel free to bring a bag lunch with you. We will supply the popcorn and beverage.

**OUT TO LUNCH:** “Out To Lunch” is held the first Tuesday of the month at 1pm. Come join us as we frequent local restaurants in the area. Sign-up is required. Van service is available.

**August 3, 2010:** Sophia’s Restaurant, East Windsor, CT

**September 7, 2010:** Royal Buffet, Manchester, CT

### **AUGUST PROGRAMS:**

**(All programs require a sign-up. Call the Senior Center at (860) 870-3133**

**Protecting Your Health Care Benefits** – Wednesday, August 11, 2010 – 2pm. Presentation by Lindsay Quinlan of NCAAA.

**How to Prevent Falls** – Thursday, August 19, 2010 – 2:30pm. Presented by Jackie Pinto of Caring Solutions Home Health Care of Enfield. You will learn how a simple fall can change your life. Did you know canes, walkers and wheelchairs can actually be a fall hazard? Many elderly are admitted to the hospital and then a nursing home due to a fall that could have been prevented by knowledge you will receive from this seminar.

**Parkinson Support Group** – Meets at the Ellington Senior Center the 3<sup>rd</sup> Friday of every month at 10am. Join us for support, conversation, education and refreshments! For more information contact Anna Turner at (860)870-3131. August’s meeting is to be held on Friday, August 20, 2010.

**Senior Medicare Patrol** - August 30th at 2pm with North Central Area Agency on Aging (NCAAA). Join us for a fun interactive program; learn tips on protecting your health care information, reading your Medicare summary notice, and any updates on Medicare! Refreshments will be served. Please sign up at the Ellington Senior Center or call 860-870-3133 if you wish to attend.

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**SEW & SO/CRAFTS:** Meets every Thursday morning at 9:30am in the main room of the Senior Center.

**SHUFFLEBOARD:** Every Wednesday at 2pm. Shuffleboard is played in the main room of the Senior Center. Van service is available.

### Trips

**September 12, 2010 Lights on Narragansett Bay:** Trip begins with lunch at the Quonset Officers Club in North Kingston, RI; followed by a short ride on the Millennium Ferry enjoying a narrated sightseeing cruise of Narragansett Bay lighthouses and Newport Harbor. The trip will end at historic Wickford Village. Wickford Village provides waterfront streets lined with one of a kind shops featuring jewelry, clothing, galleries, antique shops, cafes and restaurants. Cost of this trip is \$71.00. Tour includes round trip transportation, lighthouse cruise, lunch at Quonset Officers Club, shopping at Wickford Village. Driver gratuities are not included. A sign- up sheet is available at the Ellington Senior Center.

**October 7, 2010 - Oktoberfest at the Platzl Brauhaus:** For years, groups have come to the Platzl Brauhaus in the Hudson River Highlands for their world famous Oktoberfest program & luncheon. **This trip is fully booked, but we are taking names for a waiting list.**

**November 17, 2010 – Elisabeth von Trapp performing at “The Kate”:** Katharine Hepburn Cultural Arts Center, Old Saybrook, CT. A pre-theater luncheon will be served at The Riverhouse at Goodspeed Station in Haddam, CT. There you will have your choice of prime rib or baked stuffed shrimp. Then off to Old Saybrook, CT to view “The Kate”. What a wonderful way to spend a day. Cost of this trip is \$91.00 per person, orchestra seating. Package includes: Transportation, luncheon, concert, and driver’s gratuity. Departs from the Ellington Center at 10am; returning at approximately 6pm. For additional information contact Ann Harford at (860) 872-0406.

**February 13, 2011 – Norwegian Cruise Lines invites you to Nassau.** Sponsored by Tours of Distinction. Participants will depart New York City on Sunday, arriving in Port Canaveral on Tuesday, then off to Great Stirrup Cay, Nassau. A bus will pick travelers up at the Ellington Senior Center in the morning of Sunday, February 13<sup>th</sup>, taking us right to the boat; and delivering us back to Ellington in the early evening of 2/20/10. Prices range from less than \$800.00 (inside cabin) to around \$1300.00 (suite). Sign-up is at the Ellington Senior Center. **Tours of Distinction will be at the Senior Center on September 7, 2010 at 6:30pm for a presentation on the cruise!**

### **VETERAN CONTACTS:**

**VFW** – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at (860)875-2613

**AMERICAN LEGION** – Alan Lewandosky – Post Commander; Leonard Johnson – Services Officer at 872-7287

**VETERAN’S AFFAIRS** – State Representative – Ted C. Graziani at (860)240-8531



*Enjoy a nice picnic in August!*